

Describe and Use Your Strengths

A personal strength is a special skill, ability or way of thinking. Recognizing and using one's personal strengths can lead to good things for you both personally and in your career.

Personal strengths aren't learned, but they can be improved. The first step is to recognize those strengths and abilities and build on them, rather than focusing on personal deficits. It seems that frequently we spend time on our weaknesses and how we can improve them rather than focusing on our strengths and how we can use them.

1. List persons in your family or community who have had a positive influence in your life. Write a short phrase for each that tells how.
2. Identify at least five different settings and times when you have expressed a positive attitude with little or no effort. Try to analyze how the experiences were alike.
3. Name at least five accomplishments that made you feel proud. Include some from earlier years, both in and out of school.
4. Identify at least three challenging situations in which you have found a way to be successful. Describe the thought process you used to overcome the challenge for each. Share your thoughts with someone who knows you well. Add ideas from that person that appeal to you.

How can you use what you know about yourself?

1. Read pages 2 – 3 in the *Idaho Career Planning Guide*.
2. Focus on Tip #3.
3. How can your identified strengths be used in the workplace?